

Your Self-Created Journey

Powerful You!



Increase Resilience * Invigorate the mind * Balance both sides of the brain * Increase alertness * Improve digestion * Boost self-confidence * Rid toxins * Help blood flow * Improve posture * Become present * Increase decision making skills * Practice self-compassion * Quiet the mind * Open up to possibilities * Burn off stress * Embrace life * Trust * Increase strength of prefrontal cortex * Cultivate stress management skills * Improve engagement * Develop self-awareness * Improve life meaning * Reduce anxiety by 33% * Improve relationships * Learn self-control * Unravel stress * Awaken the body * Gain energy * Soothe the nervous system * Redirect thoughts * Interrupt distractions * Increase mobility of the spine * Regulate emotions * Increase lung capacity * Reduce tension in muscles * Strengthen joint movement * Reduce risk of injury * Improve athletic performance * Increase connection * Improve sleep * Lower blood pressure and cholesterol levels * Let go of shame, guilt, & resentment * Increase core strength * Slow down * Discover inner strength * Accept change * Uncover coping tools * Move forward * Build body strength * Adapt to change * See new perspectives * Feel emotions * Direct attention & focus * Elevate gratitude * Engage with others * Free the mind * Investigate reactions * Kickstart the day * Generate listening skills * Notice fear * Pause with anger * Relax * Stay through struggles * Shed negative self-talk * Lesson depression